

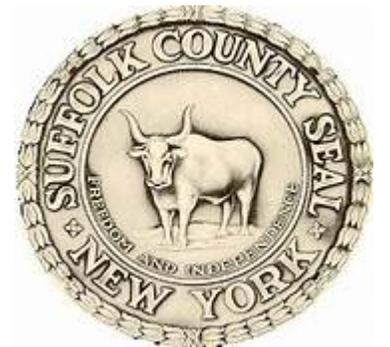
COMMUNITY RESOURCES IN SUFFOLK COUNTY

**Division of Community Mental Hygiene Services
631-853-8500**

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SUFFOLK COUNTY RESOURCES

- **Suffolk County Directory of Behavioral Health Services Guide:**
 - Contains information for both Mental Health and Substance Use Disorders. The guide is also available on the Suffolk County website listed below.
 - Agency names, locations, phone numbers, fax numbers, etc.
 - Any questions, please call us at **(631) 853-8500**, Monday – Friday 9am to 5pm or visit the website at: <https://www.suffolkcountyny.gov/Departments/Health-Services/Mental-Hygiene>
- **NYS OMH :** <https://www.omh.ny.gov/> or **(631) 761-2508**
- **NYS OASAS :** <https://www.oasas.ny.gov/> or **(877) 846-7369**
<https://findaddictiontreatment.ny.gov>
- **Community Health Access to Addiction and Mental Healthcare Project (CHAMP)**
- Provides help in accessing addiction and mental health care.
- **Helpline: (888) 614-5400**

CRISIS SERVICES FOR CHILDREN AND ADULTS

DIAGNOSTIC, ASSESSMENT, STABILIZATION HUB (DASH)

- 24/7/365 Crisis Stabilization and Open Access Center
- Voluntary
- Mental Health & Substance Use Disorder Mobile Response Teams
- 24/7/365 Hotline: **631-952-3333**
- Living Room Model (“no wrong door”)
- Age Range: serving ages 5 - adult
- Located at 90 Adams Ave, Hauppauge

MOBILE RESPONSE TEAM (MRT)

- Social Workers and Peers go into the field, and assess the individual.
- Services any individual in crisis, ages 5 and up
- Referral can be made by calling the hotline for brief report of the situation
- Response time varies, but goal is within 3 hrs.



CRISIS HOTLINE:
631-952-3333

AVAILABLE 24/7, 365

CENTER OF TREATMENT INNOVATION (COTI)

Family Service League ... DASH Hub

- COTIs are OASAS Treatment providers focused on engaging people in their communities by offering mobile clinical services as well linking people to other appropriate levels of care.
- COTIs target un/underserved areas and expand access to tele practice, substance use treatment services, including linkage to Medication Assisted Treatment, as well as peer outreach and engagement within the community.

SUD RESIDENTIAL STABILIZATION

- 24/7/365 Stabilization Element for Mild to Moderate Withdrawal
- Short-term inpatient withdrawal services for adults to transition to next level of care.
- Provides medical and clinical services, nourishing meals, limited transportation, support groups, and referrals.

Catholic Charities

30-C Carlough Road, Bohemia, NY 11716

(631) 589-4144

Phoenix House of Long Island –Ronkonkoma Campus

Lake Shore Road, Lake Ronkonkoma, NY 11779

(631)-306-5723

CRISIS INTERVENTIONS AND SUPPORTS FOR ADULTS

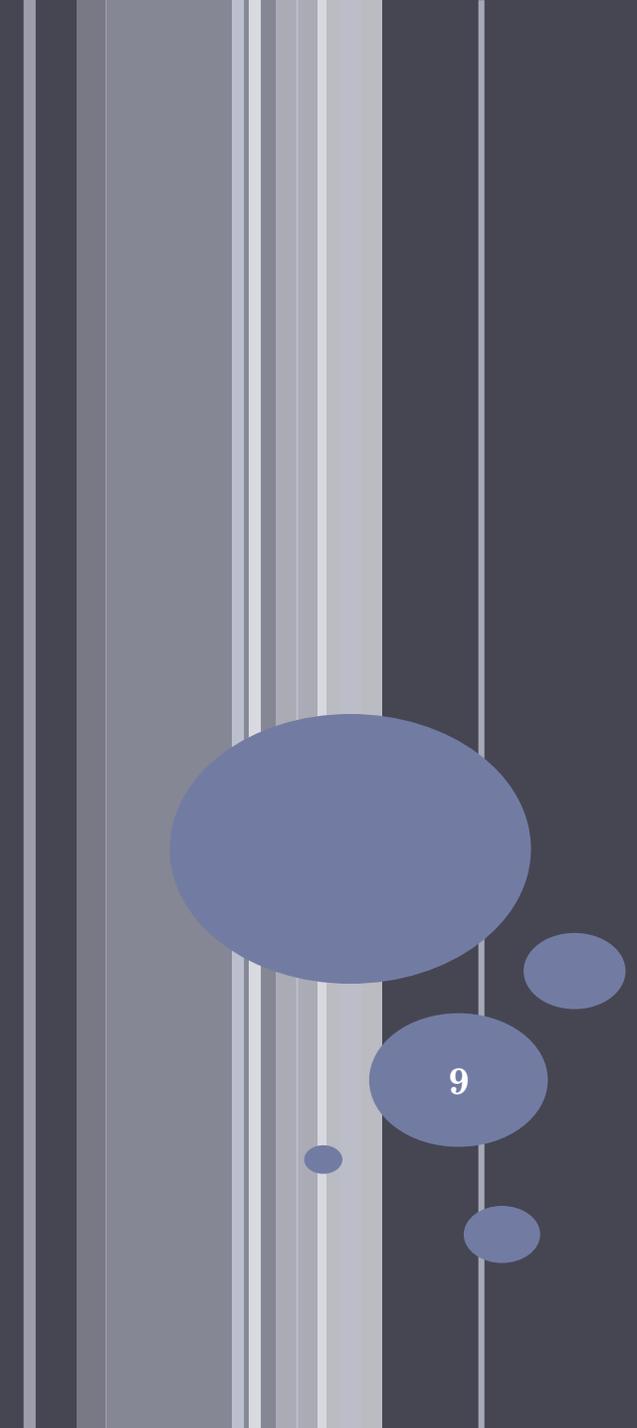
Hospital Diversion

- FREE Hospital Diversion

Crisis Respite Beds

- Concern Crisis Respite beds
- Federation of Organizations
Crisis Respite beds
- Crisis Residence at NYS
Pilgrim Psychiatric Center

ADULT SERVICES



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PREVENTION FOR ADULTS – MENTAL HEALTH

- Mobile Residential Support Teams (MRST)
 - Federation of Organizations RTS (Residential Transitional Support)
 - Options for Community Living MRST
 - Concern for Independent Living MRST
 - State OMH/ PPC MIT Team (Mobile Integration Team)

MENTAL HEALTH TREATMENT PROGRAMS

ADULT

- INPATIENT PSYCHIATRIC HOSPITALS
- PARITAL HOSPITALIZATION PROGRAM
- ACT TEAMS
- PROS PROGRAMS
- OUTPATIENT CLINICS

HOSPITALIZATION PROGRAMS

Inpatient Units

- Brunswick Hospital
- Eastern Long Island Hospital
- Long Island Community Hospital
- Huntington Hospital
- John T. Mather Memorial Hospital
- South Oaks Hospital
- St. Catherine's of Siena Medical Center
- Stony Brook Hospital
 - CPEP (Comprehensive Psychiatric Emergency Program): 444-6050

NYS Psychiatric Hospital

- Pilgrim Psychiatric Center

Partial Hospitalization Program

- John T. Mather Memorial Hospital

ASSERTIVE COMMUNITY TREATMENT (ACT) TEAMS

- *Assertive Community Treatment* is an evidenced-based practice that offers treatment, rehabilitation, and support services, using a person-centered, recovery-based approach, to individuals that have been diagnosed with serious mental illness (SMI).
- Assertive Community Treatment services include:
 - assertive outreach
 - mental health treatment
 - vocational support
 - integrated dual disorder treatment
 - family education
 - wellness skills
 - community linkages
 - peer support

PERSONALIZED RECOVERY ORIENTED SERVICES (PROS)

Personalized Recovery Oriented Services (PROS)

- Personalized Recovery Oriented Services (PROS) is a comprehensive model that integrates rehabilitation, treatment, and support services for people with serious mental illness.
- PROS programs in Suffolk
- Serves Adults
- Paid for by Medicaid
- Individual and group counseling and medication management

ON TRACKNY – SOUTH OAKS

- On TrackNY you will have the support of an entire team of healthcare professionals to work with an individual towards achieving life goals.
- On TrackNY is for people who:
 - Are between the ages of 16 and 30
 - Have recently begun experiencing symptoms, such as unusual thoughts and behaviors, hearing or seeing things that others don't, or disorganized thinking, for over a week but less than 2 years
 - Are willing to work with a diverse team of healthcare professionals
- The team consists of:
 - an outreach and recruitment coordinator
 - a primary clinician
 - a psychiatrist
 - a peer specialist
 - a supported education/employment specialist
 - a nurse

SINGLE POINTS OF ACCESS (SPOA): COUNTY OPERATED

○ Adult SPOA

- Assisted Outpatient Treatment (AOT)
- Care Management and ACT Referrals
- SPA Housing

RESIDENTIAL/ HOUSING SERVICES (ADULTS)

SINGLE POINT OF ACCESS (SPA) UNIT

Application and information online at: www.spahousingli.org

- Mental Health Housing: offers several different types and levels of housing to individuals with serious mental illness
- Approximately 2327 total beds in Suffolk

RECOVERY AND PEER SUPPORTS FOR ADULTS

- **Hands Across Long Island (HALI)**
 - Peer Supports
 - Recovery Center
 - Mobile Shower Van (showers/clean clothing for homeless)
- **Federation of Organizations P.O.W.E.R. Program**
 - Peer Outreach With Evening Recreation
 - Services to people who are homeless and living with mental illness
- **Association for Mental Health and Wellness (MHAW)**
 - Recovery Center
 - Peer Support Line
- **Suffolk County United Veterans**
 - Peer Support
 - PTSD / trauma (Joseph Dwyer Project)
- **Joe's Project**
 - Specialized peer support for loss due to suicide

SUBSTANCE USE DISORDER TREATMENT SERVICES

- INPATIENT DETOXIFICATION PROGRAMS
- INPATIENT REHABILITATION PROGRAMS
- RESIDENTIAL TREATMENT PROGRAMS
- OPIOID TREATMENT PROGRAMS/ w 4 clinic sites
- OUTPATIENT CLINICS

RESIDENTIAL SERVICES

SUBSTANCE USE DISORDERS

○ Intensive Residential Services

- Persons unable to comply with treatment outside a 24 hour setting as evidenced by recent unsuccessful attempts at abstinence or prior treatment episodes

○ Community Residential Services

- Persons who are homeless or whose living environment is not conducive to recovery and maintaining abstinence, while residents are concurrently enrolled in an outpatient chemical dependence service which provides addiction counseling.

○ Supportive Living

- Persons who either require a long-term supportive environment following care in another type of residential service or who are in need of a transitional living environment prior to establishing independent community living

○ Stabilization Services in a Residential Setting

- OASAS-certified providers of residential programs that provide medical and clinical services

WOMEN (W/CHILDREN) SUD TREATMENT

- Residential Rehabilitation and Reintegration services are available to support the unique needs of women, pregnant and/or parenting.
- Outpatient Day Treatment Services with accommodating space for children while women engage in clinical services.

SCO Family of Services Madonna Heights Morning Star 1 & 2

Dix Hills, NY 11716

(631)213-0306

Outreach Development Corp

Brentwood & Bellport

(631)436-6065

OUTPATIENT SUBSTANCE USE DISORDER SERVICES

Outpatient Substance Use Disorder Clinics

- OASAS-certified outpatient services have multi-disciplinary teams which include medical staff and a physician who serves as medical director.
- These programs provide treatment services to individuals who suffer from substance use disorders and their family members and/or significant others.

Specialized clinics offer services such as:

- Intensive Outpatient Treatment (IOP)
- Medication-Assisted Treatment (MAT)
 - Buprenorphine (Suboxone) , Naltrexone (Vivitrol)
- Opioid Treatment Programs
 - Methadone
- Adolescents, Women, and Families

OASAS Recovery Support Services On Long Island

Peer Engagement Specialist Services (PES)

- The Peer Engagement Specialists use their “lived experience” to engage people on the street and in hospital emergency rooms, developing brief person centered service plans, providing referrals and linkages to needed services.
- PES provide support, encouragement and guidance in linking persons to appropriate services.
- PES are particularly effective with people who have been reluctant to participate in traditional behavioral health services.

OASAS Recovery Support Services On Long Island

Hospital Diversion Services

- Hospital diversion services can be delivered by peers, case managers, or other specialized workers and are evidence-based recovery support services for people in need of detoxification, stabilization and/or crisis management.
- They offer choices or options to the individual other than a hospital admission.

Wrap Around Services

- Wrap Around Services include case management services that address educational resources, legal services, financial services, social services, family services, child care services, peer to peer support groups or services, employment support and transportation assistance.

OASAS Recovery Support Services On Long Island

Family Support Navigators

- The primary goal of the Family Support Navigator is to assist families and individuals with gaining an increased understanding of the progression of addiction and how to navigate insurance and treatment systems.
- Family Support Navigators develop relationships with local substance use prevention, treatment, and recovery services; managed care organizations; area substance use disorder councils; and community stakeholders to assist families with accessing treatment and support services.

PROBLEM GAMBLING RESOURCE CENTER

- Services that assist individuals who are affected by problem and pathological gambling including family members and/or significant others.
- Provides:
 - Group and individual counseling
 - Education about
 - Orientation to and opportunity to participate in problem gambling awareness and relapse prevention
 - Self-help groups and family treatment.
- In addition, financial counseling is provided either directly or through outside referral.

New York Council on Problem Gambling

<https://nyproblemgamblinghelp.org/long-island/>

516-226-8342

REGIONAL ADDICTION RESOURCE CENTER

- The Regional Addiction Resource Centers (RARC) are available to:
 - Assist people, families and communities in accessing local resources for those facing addiction problems.
- The RARC help identify:
 - Local prevention resources
 - Local treatment opportunities
 - Recovery services and other supports such as Family Navigators
 - Medication drop boxes,
 - Peer Engagement,
 - 12 step groups,
 - Narcan/naloxone trainings,
 - Youth Clubhouses and local speaker's bureaus.
- The RARC can also organize events based on community requests.

Human Understanding & Growth Services, Inc. (HUGS)

Westhampton Beach

(631)-288-9505

OASAS RECOVERY SUPPORT SERVICES ON LONG ISLAND

Recovery Center

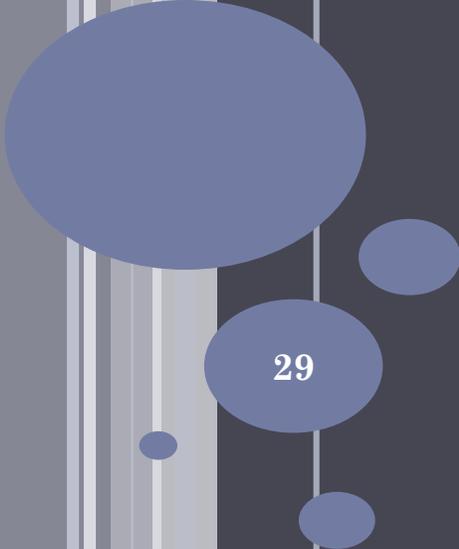
(Weekend & Evening hours- Strong Participatory Process)

Transformation, Healing, Recovery, Inspiration, Validation and Empowerment (THRIVE)

- The centers provide health, wellness and other critical supports to people and families who are recovering from a substance use disorder or are seeking recovery services for a family member or friend.
- They provide a community-based, non-clinical setting that is safe, welcoming and alcohol/drug-free for any member of the community.
- The centers promote long-term recovery through skill-building, recreation, employment readiness and the opportunity to connect with other community services and peers facing similar challenges.



CHILDREN'S SERVICES



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CRISIS INTERVENTIONS AND SUPPORTS FOR CHILDREN AND ADOLESCENTS

- **DASH**
- **Home Based Crisis Intervention** Youth age 5-17 in crisis
 - Provides in-home crisis intervention services for 4-6 weeks
 - Parent support and education, service linkage, advocacy
- **Child Mobile Integration Team**
 - Therapeutic support, skill building, crisis assessment/intervention, respite in the home/community for 3-4 months
- **Suffolk Children's Crisis Respite Bed Network**
 - Children between 5-18 years
 - Short-term residential care during psych crisis (≤ 21 days)
 - Assessment, crisis planning and service linkage; Respite for family
- **Child and Adolescent Crisis Respite House**
 - Youth ages 10-17
 - Assist in stabilizing crisis situations; up to 2 week length of stay
 - Supports the family/service providers' efforts to maintain the youth in their home and community

PREVENTION FOR CHILDREN – MENTAL HEALTH

○ **Family Connect**

- Provides short-term crisis intervention, assessment of immediate needs, education, advocacy, and community services linkages. Length of service is 3 months.

○ **Services, Supports, Transitions, Advocacy, & Access for Youth (SSTAAY)**

- Provides advocacy, service linkage, skill building, independent living skills, and crisis prevention intended to prevent the need for higher levels of care for youth ages 5 - 21 who are not recipients of Medicaid. Length of service is 6-9 months.

○ **Children and Family Treatment and Support Services (CFTSS)**

- Children and Youth (under age 21) who are covered by Medicaid and have mental health and/or substance abuse needs.
- These children's services meet the individual needs of children and their families/caregivers by:
 - Identifying mental health and/or substance use needs early
 - Providing support in the home and community
 - Preventing the need for emergency room visits, hospital stays, or out of home placements

○ **Alternatives for Youth (AFY)**

- Diverts youth exhibiting incorrigible behaviors (i.e. running away, threatening behaviors, substance abuse) from the juvenile justice system and improves family functioning by providing home-based crisis intervention & community resources.

CHILDREN'S MENTAL HEALTH SERVICES IN SUFFOLK COUNTY

OUTPATIENT SERVICES

- Child & Family MH Clinic Services
- Children & Youth Mobile Clinic
 - FSL West (631) 396-2325
 - FSL East (631) 298-8642
- School-Based (Specialized Clinic Prgm)
- Suffolk On Track NY (South Oaks)
 - Individuals 16-30
- Day Hospital (Intensive Day Treatment)
 - Sagamore Children's Psychiatric Center
- Partial Hospital Program
 - John T. Mather
 - South Oaks

INPATIENT SERVICES

- Brunswick Hospital
- J.T. Mather Hospital
- South Oaks Hospital
- Stony Brook UH
- Sagamore Children's Psychiatric Center

COMMUNITY - BASED

- Children & Parents Together (CAPT)
- Family Peer Support
- Respite Programs
- Youth Peer Advocacy

SINGLE POINTS OF ACCESS: COUNTY OPERATED

CHILDREN'S SPOA:

CHILDREN AGES 5-17 (UP TO 21 FOR SOME SERVICES) DIAGNOSED WITH SERIOUS EMOTIONAL DISTURBANCE (SED).

In-Home Services Offered

- Family Connect
- Services, Supports, Transitions, Advocacy, & Access for Youth (SSTAAY)
- Children's Care Coordination & Health Home Care Management
- Coordinated Children's Services Initiative (CCSI) Homebase 1
- Home & Community Based Services Waiver (HCBS)

Out of Home Services Offered

- Community Residences (CR)
- Residential Treatment Facility (RTF)

RESIDENTIAL SERVICES FOR CHILDREN AND ADOLESCENTS

○ **Community Residences (CR)**

- Provides supervision and structured daily living activities for approximately 8 children with mental illness

**Center for Discovery Eating Disorders Program

○ **Residential Treatment Facilities (RTF)**

- Provides fully integrated mental health treatment and special education services under the direction of a psychiatrist in a well-supervised setting.

PEER SUPPORT SERVICES FOR CHILDREN AND ADOLESCENTS

○ **Family Peer Support Services**

- Maintain the child in the home by providing supports and services to the family for the benefit of the child

○ **Youth Peer Advocacy**

- Peer support to youth involved with children's MH system
- Resiliency/recovery focus

SUBSTANCE USE DISORDER – PREVENTION

○ Evidence-Based Program and Practices (EBPs)

- Educational (provided in schools; peer-to-peer)
 - Curriculum: Too Good For Drugs/Violence; LifeSkills, etc.
- Environmental Strategies (provided in the community often youth led and driven)
- Early Interventions for substance users (screening tools to determine risk early)

○ Community Coalitions –

- Engage in environmental strategies to change community-wide norms and policies.
- Focus on shifting the substance use culture of a community towards healthier norms and expectations.
- Long Island Prevention Resource Center: www.liprc.org

○ Partners in Prevention

○ Talk2Prevent Resources

- <https://talk2prevent.ny.gov/>

○ NYS OASAS Resources

- <https://www.oasas.ny.gov/prevention/index.cfm>

ADOLESCENT SUD TREATMENT

- Residential medical and clinical services with on-site medical staff, provision for psychological and psychiatric services and a community support specialist to help with case management and discharge planning. The staff to patient ratio is 1:8 and all programs are required to have a family therapist and/or a social worker with family therapy experience, as well as address the education needs.

Outreach Development Corp

Brentwood & Bellport

(631)436-6065

- Outpatient treatment for adolescent with a family component
 - Samaritan Daytop Village (631) 351-7112 (with onsite School)
 - Outreach Development Corp Brentwood (631)286-0700
 - Hope for Youth (631) 782-6523
 - Huntington Youth Bureau (631) 271-3591

OASAS RECOVERY SUPPORT SERVICES ON LONG ISLAND

Clubhouses ... Coming Soon

- Clubhouses offer services and supports to help young people progress in their recovery, and support at-risk young people who wish to live a substance-free life. Built on a core of peer-driven supports and services that encourage and promote a drug-free lifestyle.
- The clubhouse model provides a restorative safe, substance free space for youth and young adults in recovery, and those at-risk of substance use disorder, to participate in recovery programming as well as a variety of pro-social, recreational, educational, skill-building, and wellness programs.
- Clubhouses for youth are for people ages 12 to 17. Clubhouses for young adults are for people ages 18 to 21.

ADVOCACY

- **National Alliance on Mental Illness (NAMI)**
 - The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Advocacy, Support, Policy
- **Long Island Families Together (LIFT)**
 - Created to raise awareness about children's mental health services on Long Island; parent governed, youth guided
- **Long Island Advocacy Center**
 - Provides educational information and advocacy
- **Long Island Recovery Association (LIRA)**
 - a grassroots organization of people concerned about the rights of those in recovery from or seeking help for addiction related illnesses
 - <http://lirany.org/>
- **Families in Support of Treatment (FIST)**
 - Provides help and advocacy to families who have loved ones that are struggling with the disease of addiction
 - <http://www.familiesinsupportoftreatment.com/>



TRAININGS

○ Mental Health First Aid

- An 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

○ safeTALK

- A half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper.

○ Applied Suicide Intervention Skills Training (ASIST)

- A two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.
- People can request trainings through the Suicide Prevention Coalition of Long Island's web site: <http://www.preventsuicideli.org/>

○ Hearing Voices

- During this simulated experience of hearing voices, participants undertake a series of tasks including social interaction in the community, a psychiatric interview, cognitive testing, and an activities group in a mock day treatment program.

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<https://findaddictiontreatment.ny.gov>
- **Community Health Access to Addiction and Mental Healthcare Project (CHAMP)**
- Provides help in accessing addiction and mental health care.
- **Helpline: (888) 614-5400**

THANK YOU FOR JOINING US
TODAY!!

BE SURE TO VISIT THE RESOURCE
TABLES IN THE LOBBY